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Progress in child health

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# PROGRESS IN CHILD HEALTH

REPORT OF COURTENAY DINWIDDIE

GENERAL EXECUTIVE

TO THE DIRECTORS OF THE

AMERICAN CHILD HEALTH ASSOCIATION

PRESENTED AT THE FIRST ANNUAL MEETING OF THE ASSOCIATION  
DETROIT, MICHIGAN, OCTOBER 15-17, 1923.

IN considering the child health problem before us it seems a far cry from the day when sorcery and charms were a favorite means of driving away the evil spirits that were considered responsible for most of the ills of childhood, from restless crying to acute illness. It is over a century since we emerged as a nation, when parents were considered fortunate if they were able to bring up two out of every three of their children.

We have gone far since those days. Hundreds of communities have established consultation centers where mothers may learn the condition of their children and themselves and secure advice for their care. Thousands of teachers throughout the country are taking an ever more active interest in the health of the child as one of the main objectives of the whole process of education. State divisions of child hygiene or bureaus carrying on similar work have been organized in 46 states and public appropriations for child health work have increased markedly, especially since the stimulation of the Sheppard-Towner Act, by which local appropriations match Federal subsidies.

All of these things are multiplications of interest, machinery or work. What have been the real results?

There has been a reduction of fifty per cent in the infant mortality of this country during the past 20 years, which is a tangible and unquestioned evidence of real progress.

Dr. Dublin, from an analysis of work of the Manhattan Maternity Center Association, the Boston Instructive District Nursing Association, and the obstetrical service of Johns Hopkins, reaches the positive conclusion that, from careful instructive service in the home, in conferences and clinics, combined with thorough obstetrical care, we can expect with certainty a further reduction in infant and maternal mortality in the homes thus served. In short, we are confident that the methods we are advocating can, and do, produce real results and that from them we can expect a still further reduction in the infant and maternal mortality rates.

We are accumulating evidence that the educational as well as the protective measures for the child during the school age can be measured not only in gains in weight and corrections of defects, but in general

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increase in robustness and vigor. Unfortunately the yardsticks that have been used in this field have not given an exact basis of measuring progress such as afforded by the infant mortality rate. One of our present tasks is finding new yardsticks.

Against these optimistic evidences of progress let us consider some of the facts on the other side of the question. In spite of the progress of the United States, its infant mortality rate, so far as statistics can be considered comparable, ranks it as sixth and its maternal mortality rate as sixteenth or worse among leading nations of the world, according to the United States Children's Bureau. Many of the reasons for this are not hard to find.

Dr. Frances Sage Bradley, speaking of the rural mother and child, tells of methods of child care which easily rival those of medieval days of witches and sorcerers. The helpless new arrival in the world is often subjected to treatment varying from a frequent spinal cupping to more remarkable superstitious observances in which the use of a rabbit's foot is a commonplace and refinements consist in the use of fried toads, the blood of a live terrapin and various other charms peculiar to the particular individual or community.

We do not have to go into the isolated mountain region to find examples of ignorance or neglect in the rearing of children, such as are almost unbelievable. Staff members of the American Child Health Association only within the last month found a physician, representing a government agency, permitting a small infant to be grossly infected with tuberculosis, through sleeping with its mother who was in a dying condition, and, for another baby, prescribing medicine for fever without any diagnosis whatsoever.

The Children's Bureau, in a study of a group of 6,015 children of from 2 to 7 years of age in Gary, Indiana, has reported that only 25, or less than one half of one per cent, were fortunate enough to receive a diet which was reasonably adequate and not excessive, namely, which included milk, whole cereal and fruit or a vegetable daily.

Members of the staff of this Association, in a recent study in a rural area, have found agricultural districts which should have been best equipped to supply some of the basic necessities, such as milk, butter fats, and green vegetables, almost devoid of these essentials, because either the farmers were shipping them away or else they had not provided for a well balanced planting.

It has been estimated that in one of our states having one of the best controlled milk supplies, a large percentage of the cattle are infected with tuberculosis. In thousands of communities either the lack of any law governing milk inspection or inadequate enforcement of such a law is exposing the younger children to danger.

These are only a few of the indications that the progress we have made is just the barest beginning of what we must make if we are to do our duty to the children of today and to the nation of tomorrow. We have accumulated much knowledge as to methods of prevention of disease and as to how to give the growing child the fullest opportunity for development, but there are wide areas and millions of people in this country who have received no adequate benefit from this knowledge, which is applied with any degree of thoroughness in only a comparatively few centers. What has the American Child Health Association done to remedy this condition?

#### THE CONTRIBUTION OF THE AMERICAN CHILD HEALTH ASSOCIATION

Several close students of national health and welfare work have stated their opinion that the very fact that an amalgamation so far-reaching has been achieved, that it has weathered the storms incident to such movements and that its machinery is running more and more smoothly, is in itself an ample justification for this first year of the new Association. In addition, the development of good will and practical working relationships with the several important national organizations, clears the way for effective action with the maximum of co-operation and the minimum of wasted effort.

By a mutually advantageous arrangement, Dr. Crumrine jointly represents the Conference of State and Provincial Health Authorities and this Association. This is a unique relationship of official and non-official agencies. The Nursing Service is operating through the National Organization for Public Health Nursing effectively functioning as a division of nursing for this Association. The significance of this working relationship is second only to that of the co-operation between this Association and the Conference of State and Provincial Health Authorities.

The building up of a rounded staff of persons capable and trained in the fields of medicine, nursing, teaching and other specialties has not been the least task before the Association. The quality of the personnel which has been engaged so far is one of the best assurances of effective work in the future.

But, while laying foundations has of necessity been one of the main tasks this year, the calls for practical service to states, communities and their mothers and children have been a paramount consideration. We have increased our budget from a yearly rate in January, 1923, of \$200,000 to a yearly rate at the present time of \$500,000, representing a corresponding increase in personnel as well as other expenses. We should therefore be able to show service rendered as well as plans for the future.

Let us see first what are some of the accomplishments of these eight months that have passed, before turning to objectives and work ahead for 1924.

### ACCOMPLISHMENTS DURING THE EIGHT MONTHS FROM JANUARY TO SEPTEMBER, INCLUSIVE, 1923

#### DEMONSTRATIONS

One of the responsibilities which we have shouldered during the year is the administration of the community demonstrations in child health protection and promotion, financed by the Commonwealth Fund and the American Red Cross. These constitute a venture in co-operation between national agencies and ultimately five communities, to show how the latter can most effectively organize their own resources to reduce maternal and infant mortality and correct physical defects and to promote robust physical development among children of all ages. Real progress which may stimulate other communities rather than ideal achievement is the purpose of the demonstrations.

#### THE RED CROSS DEMONSTRATION

##### Mansfield and Richland County, Ohio

Under Dr. Walter H. Brown and his staff, the Mansfield and Richland County Child Health Demonstration is nearing the end of its second year. The outstanding achievements are:

1. A consolidation of all nursing work has been effected. Four nurses have been added in the city and county from community funds and two have been added from demonstration funds.
2. Headquarters for the demonstration have been rented by means of local funds.
3. A thorough plan of health work in the schools of the city and county has been instituted, and, in co-operation with the teachers, a definite course of training of teachers in health education has been instituted.
4. A whole-time pediatricist has been engaged by the demonstration, with the co-operation of the local physicians, to serve as consultant to the physicians and to conduct examinations of babies and children of all ages, preparatory to having all this work eventually taken over by the physicians.
5. Four health centers have been established in the city and county with 1,063 children regularly enrolled for health supervision.
6. In co-operation with the medical profession, 2,733 school children and 563 pre-school children have been examined.
7. As a direct result of the demonstration work, a trained home economics teacher has been appointed for every city and village high school in the county.
8. Arrangements have been made, in co-operation with the city and county authorities, for the beginning of a whole-time County Health Unit on January 1, 1924.
9. Definite arrangements are being made for the co-ordination, next year, of private health work and the city health work through a co-operative arrangement between the Community Chest and the city authorities.

10. Steady development has been made of Mansfield as a center for visitors studying child health work and for occasional training, to a limited extent, particularly in the case of nurses.

#### COMMONWEALTH FUND DEMONSTRATIONS

The Commonwealth Fund has placed its demonstration program under a committee representing the Fund and this Association, your General Executive serving as Director of the Demonstrations.

##### Fargo, North Dakota

Under the leadership of Dr. William J. French and his staff, the following items of progress in health work in Fargo may be noted since January 1, 1923, when the demonstration was started:

1. A whole-time health officer has been appointed by the city.
2. Headquarters for the demonstration, including space for other health work of the city and the health officer, have been provided by means of local funds.
3. The consolidation of all nursing work and the districting of the city in order to completely eliminate duplication have been accomplished. Three nurses have been added by the demonstration and three are carried by local funds; one of the latter has been added since the demonstration began.
4. A program of health education in the schools was launched last Spring; a play center program, including health, was carried on in the city parks during the past Summer.
5. A whole-time pediatricist has been engaged by the demonstration, with the co-operation of the physicians. He is in entire charge of the examination of babies, pre-school children and school children and is being consulted more and more by the local physicians. The latter are giving increased service, in advice along the lines of hygiene and preventive medicine, as evidenced by reports made by mothers coming to the demonstration's consultations.
6. The Nursing Service has handled 2,475 individuals since its inception March 15th; the Medical Service has examined 1,162 children in the kindergarten and first and second grades since April 15th; 168 school children and 291 infants and children of pre-school age have been examined at consultations; 1,124 children have had their teeth examined.

##### Rutherford County, Tennessee

Rutherford County was selected as a demonstration area from among 40 competing communities. It is a typical Southern agricultural county, having mountain district problems and 30 per cent negro population.

The County offers the following assurances:

1. Immediate appointment of a whole-time health officer to be paid from local and state funds.
2. Provision of headquarters from local funds.
3. Written pledges of active participation and of permanent continuance of the work, made by all local groups, official and non-official.

4. Pledges of co-operation from the Middle Tennessee Normal School, from the educational institutions in Nashville, and from the State Health Department is aiding the local work and in using it as a training center for physicians, nurses and teachers in so far as this can be done without detriment to the primary purposes of the demonstration.

#### Athens, Georgia

Athens was selected for an urban demonstration center from among the same 40 competing communities. It has had a full-time health officer and staff for several years, but its maternal, infant and child health problems demand attention.

The City offers the following assurances:

1. Health and School Departments, Medical Association, University and civic groups which are all eager to secure permanent benefits to the community through the demonstration, will co-operate.
2. The provision of headquarters from local funds.
3. Combined headquarters for the demonstration and the Health Department, on the invitation of the health officer.
4. Pledges of co-operation in health work by the State authorities.

#### Fourth Commonwealth Fund Demonstration

The Committee in charge has not yet voted upon the area from which the fourth and last of the Commonwealth Fund demonstrations will be chosen. The selection of this site will be one of the tasks to be taken up early next year.

#### CONCENTRATED SERVICE TO STATES AND COMMUNITIES

The suggestion that this Association might lend members of its staff to communities for longer periods of time than represented in the usual advisory service to states and communities to assist them in determining their needs, organizing their work effectively to meet such needs and carrying out their programs of service along sound lines has been welcomed by many state and local representatives of official and private agencies. The demands have been widely varied in character and several staff members are now ready to answer these on an experimental basis with a view to seeing how far it is possible for the Association to extend this type of service.

1. Eighteen of the 40 competing communities have asked for temporary assistance, either directly or through their State health officer, from the American Child Health Association, in further organizing their local health interests. This service will represent variously a general organizer, a health officer, a pediatrician, a public health nurse or a health teacher as needed in the respective communities and for varying periods of time.
2. The organization of 7 local public health associations has been an outgrowth of the competition for the demonstrations and has been an expression of their aroused and organized interest in child health. An immediate appropriation of \$1,000 has been made by one community. The object of these associations is to support the local officials in their health work.

3. Beginning October 1st, a demonstration is being made in co-operation with the Secretary of the State Board of Health of Minnesota, who is also President of the Conference of State and Provincial Health Authorities, to show what can be done to improve the health of Indians, especially of mothers and children. This will be helpful to the health officers who handle the increasingly large State problems of Indians who are becoming American citizens.
4. Beginning October 1st, a co-operative educational campaign is being carried on in North Dakota for one month, under the State Board of Education, reaching all the teachers of the State and at the same time reaching many of the men's and women's clubs, informing them of the importance of health education and the necessity of their taking part in securing appropriations and better laws, together with lectures to the high school children. Three members of our staff are co-operating in this campaign.
5. At the same time a co-operative study is being conducted in North Dakota with the State Dairy and Food Commissioner and the State Health Department, of the condition of the milk supply of the State, bacteriological service to be furnished by the State Laboratory and supervisory help by this Association. This Association will assist the State to make effective the results of this study when completed.
6. At the same time another co-operative study is being conducted in North Dakota, with the State Health Department, of conditions relating to birth registration, with definite plans for aiding in making the results effective in bringing the State into the Birth Registration Area.
7. A brief advisory service was rendered to the State of Maine in September, which culminated in the formulation of a tentative program for child health work, involving the co-operation of the State Department of Education, the State Department of Health, the Maine Public Health Association, and various private organizations. The assistance from the American Child Health Association was considered very valuable by the State groups. This advisory service led to the discovery of a complete registry of crippled and defective children in the State. This Association will undertake, in the immediate future, to bring to the attention of the men's and women's service clubs of Maine (such as Rotary, Kiwanis, and others) the problem and obligation of caring for these children in their respective communities.
8. Definite agreement has been reached with the American Association of Dairy Food and Drug Officials and the Conference of State and Provincial Health Authorities for co-operation in a national campaign for improving the milk supply of the country. One indication of the size of the problem is that eight states have already requested us to assist them in campaigns for securing a wholesome and clean supply of milk.
9. A conference was held in Boston on October 10th with a number of State Health Officers, for the purpose of planning a national campaign for enlarging the Birth Registration Area. Seven states have requested assistance in this project.
10. In addition to the foregoing, a brief review has been made by Dr. Bolt, Dr. Crumrine and others, of general State conditions relating to health in 24 states, giving a clear idea of the ways in which this Association can be of immediate help.
11. Visits have been made by members of the staff to 43 communities for fairly thorough consultation service on the local problems and to 150 for more casual advice, lectures or other services.

## MEDICAL SERVICE

One of the most important services which the Association can render is that of keeping in touch with the medical profession and informing them of the need for child health work and current progress in this throughout the country, as well as stimulating the better training of physicians for preventive service in their private practice and the better training of medical health administrators. This involves service to the medical and public health training centers and schools; to national, State and local groups of physicians through addresses and conferences and through advice and assistance in bringing them into definite programs of organization and service in their communities.

Some of the things done during the past year have been the following:

A beginning only has been made of a study of the training facilities offered by existing universities and public health schools. In this preliminary inquiry replies received by Dr. Bolt from 53 leading medical schools as to all of the opportunities for training physicians for health work with children, particularly preventive pediatrics and obstetrics, have revealed an urgent need of improvement in such training. These inquiries have been supplemented by visits to 12 of the more important of these medical schools.

Courses of thoroughly planned lectures have been given by the Director of Medical Service in 3 medical and public health schools and 25 lectures have been delivered in other courses of training.

As a result of an appropriation of \$10,000.00 for medical scholarships, 100 applications have been received and plans are being perfected to utilize these scholarships to increase the number of able workers in this field, and to stimulate a better type of training in leading centers.

The Director of Medical Service has devoted much time to consultation service in the field and especially to State Bureaus of Child Hygiene, State Health Officers, County Medical Societies, and Affiliated Societies of the Association.

Medical Service has suffered much from lack of adequate personnel. One of the main concerns of the Association next year will be to build up sufficient trained personnel to enable this service to meet the great opportunities before it.

## HEALTH EDUCATION

Health Education, as defined in the work of this Association, covers the whole range of education and training for the child of school age; of consultation, advice and practical assistance to the school teacher, and the setting of standards for work in these fields. To this has been added, through the amalgamation, similar functions for the

child under school age. In addition, in the process of the amalgamation, the Health Education Division has undertaken the direction of the Editorial Service and the printing and distribution of literature for the entire Association, up to the time of the organization of the Bureau of Publications.

The carrying out of these purposes under Miss Sally Lucas Jean has been through many diverse methods, including correspondence with teachers; conferences with selected groups and national and international conferences; appraising and promoting the development of courses of health education in normal schools, universities and training centers generally; the preparation of literature; suggestions and methods to bring about a new conception of health in terms of physical welfare, sound bodies and wholesome ideals, especially through the practice of sane health habits.

In the record of accomplishments the following items should be particularly noted:

The wide contacts of the Division are shown by 34,032 incoming and 64,945 outgoing letters, reaching every state of the Union and thirty-five foreign countries.

Exhibits, literature and other material have been supplied to 50 teacher training institutes, women's clubs and Parent-Teacher Associations. Six of these institutes have been visited and helpful advice has been given them, in several cases extending to definite advisory service on the ground over a period of months.

Under the \$10,000.00 appropriated by this Association for teachers' scholarships, 13 teachers have taken courses in summer schools and 10 are now in various universities. There were a total of 624 formal applications, representing all but three states in the Union as well as Hawaii, the Philippines, England, China and Canada, 2,700 teachers' names being suggested for these scholarships. All of these are furnishing valuable contacts and opportunities for help in stimulating local child health programs.

In one of the large universities a faculty committee has been organized to plan a health education course and also extension work along this line. In co-operation with a very large high school, a definite course is being worked out for the students; this to be used in the training of teachers. Other universities are co-operating in similar developments.

Under the \$25,000.00 appropriated by the Metropolitan Life Insurance Company, \$500 is to be given to each of 50 teachers in cities of 50,000 population or more. Far-reaching results are expected in stimulating teachers in the actual carrying out of local health programs as well as in helping them in their further training.

The International Health Education Conference planned by several committees of the National Education Association, with the co-op-

eration of the Health Education Division of this Association, was attended by representatives of 32 countries. The attitude of those present evidenced a live and growing conception of the necessity of making health one of the main objectives of the whole school system. The Conference also brought together authorities from many different angles. Resolutions were drawn up and approved by the World Education Conference, expressing some of the important objectives of a health education program.

Dramatic characters of this Division have given 231 lectures, reaching 80,000 school children of grade and high school ages. The services of the dramatic characters are to be combined with definite health education campaigns in states and communities for the accomplishment of specific improvements, like the Better Health Campaign in North Dakota.

The increasing number of requests for persons trained in health education has brought about the actual use of this Division as a clearing house for filling these positions.

#### LITERATURE

The printing and distribution of all literature of the Association has been handled through the Health Education Division, pending the establishment of the Bureau of Publications.

One million and a half pieces of literature have been sent out through this Division since the first of the year, of which about one hundred thousand were complimentary.

Among the most important new publications of the Association is "The Runabouts in the House of Health." A new method of securing criticisms and suggestions from local associations and state divisions of child hygiene and also from many parents themselves, as well as advisers in medical, nursing and nutritional fields, has resulted in a most serviceable as well as attractive pamphlet. Approximately 40,000 copies were ordered in advance of printing. The new Height-Weight-Age Tables prepared by Dr. Baldwin and Dr. Wood for the National Child Health Council have been published by this Association. "Happy's Calendar for 1924" and his "Parody Sport Book" and "Who's Who in Healthland" have proved to be popular and useful. A pamphlet on the care of babies, which was revised for joint publication by this Association and the American Medical Association, will be issued by *HYGEIA*, the organ of the latter, in December.

#### BUREAU OF PUBLICATIONS

The Bureau of Publications is now established with Mr. Arthur Tomalin as Director, making it possible to bring about a thorough co-ordination of various activities of the Association in this field.

The Editorial Service to date has been under the Health Education

Division, and has carried on a most active preparation of articles for magazines, editing of literature and reports of the Association and general editorial work in connection with literature.

Eighty-five articles prepared by physicians, under a committee with Dr. Holt as Chairman, are ready for wide distribution, probably through syndication through the newspapers and later publication in book form. These articles are very readable and at the same time contain sound and most helpful advice to parents and others interested in the child's care.

The magazine, *MOTHER AND CHILD*, has been issued to the Directors and most of the membership of the Association regularly from month to month. Miss Babbitt has been in charge as Research Editor and Dr. John A. Foote has served in a supervisory capacity, pending the appointment of the new Director of Publications.

#### NURSING SERVICE

All nursing service of the Association, including that formerly done for the American Child Hygiene Association by Miss Leete and that of the Child Health Organization of America by Miss Rose, has been combined in a service through which the American Child Health Association and the National Organization for Public Health Nursing carry on in common their work so far as it relates to child health in the nursing field. Miss Stevens, Director of the National Organization for Public Health Nursing, serves as a member of the staff council of our Association, and Miss Bears, nominated by this Association, serves on the staff of the National Organization for Public Health Nursing as secretary for school nursing. Other services are to be added as soon as practicable.

The Association has been responsible for a comprehensive survey of nursing work in the State of Pennsylvania. The request for this came to us from the Governor of Pennsylvania and was turned over to the National Health Council. Our Association, from the point of view of the child, and the National Organization for Public Health Nursing, both members of the Council, are now co-operating in the study under the Council's auspices. This study is nearing completion and will be submitted to Governor Pinchot and the State Bureau heads in the near future.

A minimum curriculum for student nurses, in subjects pertaining to child health, was drafted and recommended for adoption to the National League of Nursing Education. This has received favorable consideration and has been referred to the appropriate committee.

An appropriation of \$10,000.00 was made by this Association for nurses' scholarships. It was decided that the object of these scholarships should be to prepare nurses and teachers of nurses for the various phases of child health work, including maternity, prenatal,



infant, pre-school, and school nursing. Twenty nurses were awarded scholarships, two receiving \$1,000 fellowships, four \$800 scholarships, two \$500, four \$400, three \$300, and five \$250.

The applications for these scholarships numbered 42 and came from 38 states and Canada. Tremendous interest and a very sincere desire on the part of nurses to further their education were evidenced. The applications which it was not possible to accept, furnish an excellent opportunity for making further contact with each of these nurses.

#### RESEARCH

One of the important objectives before the Association in organizing the Bureau of Research has been to secure a clear, comprehensive and accurate picture of child health conditions and needs and an appraisal of methods of meeting those needs which shall enable us to put the whole work of the Association and of all of its bureaus on the soundest possible basis of efficient service.

The Bureau, under Dr. George T. Palmer, has been built carefully and thoroughly from the ground up. The following are some of its important projects under way:

1. A study has been made of the activities and plans of the Manhattan Maternity Center Association, which applied for admission to the American Child Health Association. Their application is now ready for consideration.
2. A comprehensive study has been started of the child health situation in this country, showing its present status in concise fashion, graphically illustrated. This report should furnish us with clear-cut objectives for this Association which will permit a balanced program of useful work, with aims clearly revealed.
3. The preparation of a pamphlet on the subject of weighing and measuring of children is under way.
4. The preparation of an examination form for pre-school children, together with a descriptive pamphlet, is nearing completion.
5. Definite measurement of the results of the child health demonstrations has been begun and a special staff is being engaged to devote themselves very largely to this work.
6. A study of the present status of health education measures in elementary and secondary schools has been begun in co-operation with the American Public Health Association and the Joint Committee on Health Problems in Education of the National Education Association and the American Medical Association.
7. A study of various methods of school medical inspection is being carried out in co-operation with the American Public Health Association.
8. A study of methods of measuring health knowledge and methods of health education is being carried on in co-operation with Teachers' College.
9. A library and information service has been started by a staff member of the Research Bureau, serving with the National Health Library.
10. A preliminary analysis has been made of the correspondence of the American Child Health Association with a view to securing highest effectiveness in this branch of the Association's work.

11. A study of the present status of health measures for the pre-school child has been begun, to complete the information collected on this subject under the committee previously appointed by the National Child Health Council.

#### PROGRAM FOR 1924

Many projects of greatest importance are already under way and have been touched upon in the statement of accomplishments, but it is essential to review some of the major objectives before the Association and its plans for service.

#### GENERAL OBJECTIVE I. TO OBTAIN A TRUE PICTURE OF CONDITIONS RELATING TO CHILD HEALTH, NATIONALLY AND LOCALLY, UPON WHICH TO BASE EFFECTIVE ACTION.

##### A GENERAL REVIEW OF CONDITIONS IN THE NATION

In few, if any, ways could the Association render greater service than to carry through to completion the study already under way which shall reveal as completely, accurately and clearly as possible a picture of child health conditions and needs in this country. A review of available data, which has already been begun, will be completed and first-hand studies of conditions relative to infant and maternal mortality, the extent and seriousness of defects of childhood, the production of wholesome milk and its protection from contamination, birth registration, adequacy of state and local health legislation and machinery, will be carried through.

With the present staff of the Research Bureau, the preliminary statement on available data will be ready on January 1, 1924. This will be supplemented by the preliminary first-hand review of conditions, which will be ready about March 31, 1924. Additional data will be collected throughout the year so that at the end of 1924 we should have the most complete picture ever assembled of the conditions relating to child health in any country.

##### YARDSTICKS FOR INDIVIDUAL COMMUNITIES

A scale, by which the status of conditions affecting child health in any community may be measured, is being worked out. The elements of such a scale are ready for submission to the Board of Directors. A try-out of measurement of one or two communities under such a scale will be undertaken, beginning in November. The further modification of the scale and extension of its use in measuring communities will be developed as indicated by the result of this first trial.

The whole procedure with reference to the measurement of communities and its application will be worked out in the closest consultation with the Executive Committee of the Conference of State and Provincial Health Authorities and also with the American Public Health Association in conjunction with its plan for bringing the general health work of such communities up to standard.

It is hoped in this way to stimulate communities to the improvement of those conditions which affect the health of mothers and children, just as the yearly publication of infant mortality rates has greatly stimulated the study and reduction of infant mortality throughout the country.

#### OTHER STUDIES PROPOSED

In order to improve our knowledge of the best methods of serving the child during his "neglected age," the study already begun of work done for the pre-school child will be carried to completion and the results will be published. Similarly a study of methods of medical inspection of school children is being carried out with a view to stimulating much needed improvement in this branch of service throughout the entire country.

The review of the status of health education work in the schools has already been described, and, in co-operation with Columbia University, a study of methods of measuring health knowledge should afford additional information upon which to base a sound school health program.

Another significant suggestion has come from Mr. Carstens, Director of the Child Welfare League of America, and Dr. John A. Lapp, Director of the Department of Social Action of the National Catholic Welfare Council, to make a study of the health of the institutional child, which, if it can be undertaken, should be of far-reaching benefit to more than 200,000 children in institutions in this country and the results of which should be widely used by the interested organizations in the improvement of standards of child care.

#### GENERAL OBJECTIVE II. WORKING THROUGH STATES AND COMMUNITIES IN BUILDING UP ORGANIZATION AND THE DEVELOPMENT OF LOCAL AND STATE-WIDE PROGRAMS.

No branch of the Association's work shows greater promise in securing tangible results for communities than the lending of experienced organizers to assist in the development of local programs and effective organization to carry them out. Some of the demands upon the Association call for trained specialists in certain fields who also have organizing ability, such as the demands of one county for assistance in raising the standards of the work of 200 midwives (as compared with 25 in another entire state), most of them illiterate, and in eliminating the wholly unfit. Other demands can be met by experienced field workers with a general knowledge of health and welfare problems as in the case of one state where a member of the staff is being lent to the Division of Child Hygiene to develop health organization in the various townships.

In other instances, one of the main objects of thus assisting states and communities will be to bring together the various public and

private agencies and to secure a concentration upon definite needs with a view also to the development of as complete a program as possible.

In North Dakota this month we are having an excellent example of such concentration, through lectures to teachers' institutes on health education, following this up with talks to the children themselves and presentation of school health problems to men's and women's organizations; at the same time co-operating with the State Health Department in a state-wide survey of the wholesomeness and purity of the milk supply and in another study of conditions relating to birth registration. All of these things are leading up to action by the State and local authorities to improve the regulation of milk and to bring the state into the Birth Registration Area, and to increase appropriations and support for health work in the schools throughout the state.

We are planning during the coming year to render similar service to from 25 to 45 communities and to from 10 to 15 states. Already 8 states have requested our help in milk campaigns and 6 in measures for improving birth registration and 18 communities have asked for aid in organizing to deal with their local problems.

These are the results of fairly brief contacts with less than half of the states of the Union. The demands for the services of the Association would be more than trebled if funds and personnel could be secured to meet them and this fact were generally known.

#### GENERAL OBJECTIVE III. PROMOTION OF MORE EFFECTIVE SERVICE BY EXISTING NATIONAL GROUPS.

##### TRAINING OF PROFESSIONAL WORKERS

The executives of the Association are continually impressed with the great dearth of capable trained workers to carry on the child health work for which there are increasing demands throughout the country. There is double need of stimulating more individuals to secure adequate training and of stimulating training centers to give courses better calculated to fit their students for the problems before them in the child health field. The Association will, during the coming year, begin a system of definitely appraising the courses of institutions for such workers throughout the country. It is planned to appraise every medical and public health training center of consequence and the important universities and to make a rough classification of some of the normal training centers for teachers.

##### SCHOLARSHIPS FOR TRAINING OF WORKERS

It is also proposed to stimulate better training through the offering of scholarships for physicians, nurses, and teachers to secure more workers and to promote better training. These scholarships will stimulate a hundred or more among each of the professional groups mentioned to study their own qualifications and to improve their own methods of work, besides the fifty or more successful candidates for scholarships who will be enabled to improve their training.

Our budget also provides, in the case of teachers, for such supervision as will be necessary on the part of this Association over the scholarship fund of \$25,000.00 appropriated for teachers by the Metropolitan Life Insurance Company.

#### CONSULTATION AND ADVICE FOR PROFESSIONAL WORKERS

The physicians of the country are one of the most powerful and effective influences in the individual homes. A large percentage have not been in sympathy with public health measures, partly through failure of private organizations and public officials to take them fully into consultation in planning their work. There is no more important service that the Association can render than, in co-operation with the American Medical Association and other similar bodies, to bring home to the physicians the vital need of a thorough understanding of the problems of child health and of their obligations in carrying out such measures as are needed for the saving of life and the promotion of health.

There is no other force in the country which reaches 20,000,000 children through close and intimate daily contact as do the teachers in the schools. In addition to stimulating better training, the Association has a large responsibility for assistance to the army of teachers and school authorities already at work. Through closer and closer co-operation with the educational groups of the country it should be possible to relieve this Association of much of its expense for this consultation service to teachers in the course of the next few years.

Close co-operation with the National Organization for Public Health Nursing in its admirable efforts for the training of nurses is all that is required of us in this field.

#### MEN'S AND WOMEN'S ORGANIZATIONS

The possibility of using the men's and women's organizations, such as the Kiwanis Club, the Rotary Club, the National Congress of Mothers and Parent-Teacher Associations, the General Federation of Women's Clubs, Chambers of Commerce, National League of Women Voters, et cetera, has never been adequately realized for the purpose of promoting and protecting the health of the children of the country.

The most effective work with these clubs will be in actually concentrating the attention of local branches upon the specific problems of their states and communities. The Association proposes, in addition, to keep in touch with the national organizations and their officers and to render every possible assistance in the development of their general programs.

An excellent instance of a concrete opportunity for service through such organizations is the list of all the crippled children of the State

of Maine, which this Association proposes to bring to the attention of the different men's and women's organizations so that defects may be corrected and adequate care given to these unfortunate children. Similarly, giving them the opportunity to participate in such popular movements as campaigns for better milk and birth registration is the sort of thing that will appeal to their humanitarian instincts and give them a practical way of taking their part in the child health program.

#### CONFERENCES

In addition to the Annual Meeting of the Association, with its valuable opportunity for exchange of ideas, securing the help of the Directors and members in plans for the future, the Association will arrange from time to time for conferences among selected groups of individuals, to help in formulating plans and in suggesting more effective ways of carrying on work for the health of mothers and children throughout the country.

#### OBJECTIVE IV. PUBLIC INFORMATION AND EDUCATION

It is too early to give final plans as to the Association's program for next year for public information and education through its own magazine, columns in other periodicals and the press, and through the distribution of literature.

A new Bureau of Publications has just been formed with Mr. Arthur Tomalin as director, and a thorough study of the whole field is the first requisite for effective action.

In the budget estimate for the coming year provision has been made for carrying the editorial service, which seems essential, and for improvement and extension in the magazine.

We have great hopes of this Bureau as a means through which knowledge of child health problems and their remedies may be more widely disseminated and many more may be stimulated to effective action. Also, it may point the way to broadening the basis of understanding and support for the child health movement of the country so that it may become a truly democratic one.

#### OBJECTIVE V. DEMONSTRATIONS

The program for the Red Cross and Commonwealth Fund child health demonstrations has already been laid down and discussed from time to time. The problem before the Association is how it may make itself most serviceable in the planning and carrying on of these demonstrations and interpreting and applying the results for the benefit of every other community in the country. Their possible use to a greater extent as training centers for professional workers is now being studied.

## WORK OF OTHERS

I have fully intended in making my report to the Association to give some picture, even if an inadequate one, of the fine work being carried on by Government bureaus and other national associations for the health of mothers and children in this country. It is impossible in the time available even to enumerate the activities of these agencies in the interests of the child. However, I do want to register the deep appreciation of the American Child Health Association for the fine contributions that are being made by the Children's Bureau, the bureau in charge of field investigations in child hygiene of the United States Public Health Service, the Bureau of Education, the Extension Division of the Department of Agriculture, and several private national associations whose work deals most directly with mothers and children. It is only through the co-operative effort of all of these forces that we can hope to be successful in our child health program. We have already linked our work up with the Conference of State and Provincial Health Authorities and with the National Organization for Public Health Nursing. We at the same time plan to work out with the other agencies a program which may represent the minimum of wasted effort and the maximum of co-operation.

## CONCLUSION

To sum up, we may say that the amalgamation is an effective one, resulting in greatly increased achievement in the interests of child health through private effort. The services now being rendered to states and communities and the projects that are to be taken up in the next few months lead us to hope that next year will put us years ahead in the record of achievements. We believe that in the course of from three to five years we can help materially in rapidly closing the gaps in the ranks of those states which have adequate birth registration, protection of milk and machinery for child health work and in those communities that are similarly equipped for service to mothers and children.

Above all, we trust that we shall do our share toward bringing about a community-wide and nation-wide appreciation of the great importance of the child and a sense of the individual responsibility of every parent and every citizen.

If we carry out such a program we shall no longer have anything to be ashamed of in our record but rather shall be able to help as leaders in a world movement for saving life and building up the health and strength of the coming generation.

**END OF  
TITLE**